



# American and British diet culture

## 英美饮食文化

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by \*

# Breakfast

British breakfast is very rich, even more than any other country's rich dinner.

This breakfast is well-known because it has a lot of fried food : sausage, bacon, mushroom, tomato.

Besides, there are also scone, baked beans and other food.

油炸食品 *Fried food*

香肠 *sausage*

咸肉 *bacon*

蘑菇 *mushroom*



薄煎饼 *pancakes*

玉米片 *maize slice*

火腿 *ham*

麦片 *cereal*



# Breakfast

• However, American breakfast is commonly simple.

• A good simple breakfast, possibly fruit juice, cereal, toast and coffee.

• May also be pancakes, maize slice, sausage, ham and various practices of eggs.

# lunch

•The most popular lunch is a baked potato in Britain .

•Also, sandwiches play a significant role in the lunch.

烤土豆 *a baked potato*

三明治 *sandwich*





意大利馅饼 *Italian pie*

三明治 *sandwiches*

汉堡包 *hamburgers*



## lunch

• American lunch is the most simple meals, and also the quantity is not large.

• American often eat vegetables and sandwiches, hamburgers, hot dogs or Italian pie, with a cup of drink.

# afternoon tea

• Americans do not have the habit of afternoon tea, while the British prefer to drink afternoon tea.

• In addition to drinking coffee or tea, sometimes they have cakes, biscuits and so on.

• **British afternoon tea time usually start around two o'clock in the afternoon.**

• And it is usually tie-in whole set, including a pot of tea and a snack.

• Snack contains sandwiches, scone or a little cake.

饼干 *biscuits*

点心 *snack*

烤饼 *scone*



# supper

·In British, the traditional dinner usually consists of four courses: the first is soup, second fish, third meat, fourth is the dessert, pudding, and ice cream.  
·Now, the supper basically consists of appetizers, staple food and dessert.

汤 *soup*

主食 *staple food*

甜点 *dessert*

开胃菜 *appetizers*



叻眼牛排 *Lord lai steak*

猪排 *pork chops*

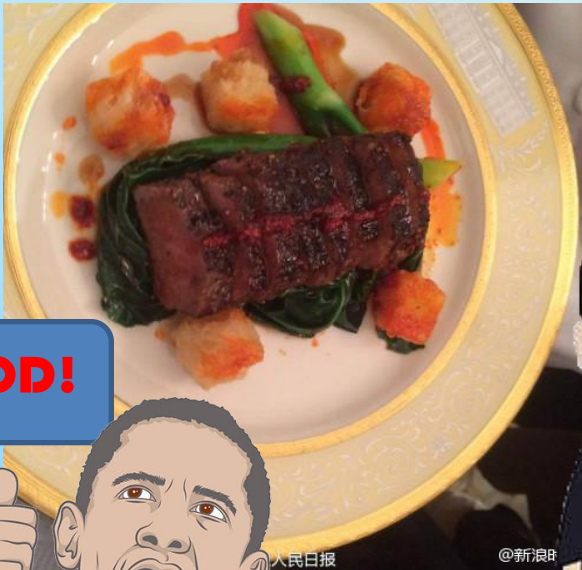
油炸的肌肉 *fried muscle*

烤羊排 *grilled lamb chops*

## supper

\*After the dinner, the guest usually stay two or three hours, talking freely, but a thoughtful person is carefull not to prolong his stay.

\*Most dinner parties break up about eleven o'clock.



GOOD!







**bread and butter**



# Diet and Custom

## A hot potato





# Diet and Custom



*He is my cup of tea!*



# Distinctive food

*Fried fish*

*When  
meet*

*Chips*



*What will happen?*





# Distinctive food

**FISH AND CHIPS**  
**(SOMETIME WRITTEN “FISH ‘N’ CHIPS” )**



# Distinctive food

## AMERICAN BLACK COFFEE







**Thank you !**